Major Depression

- Mood disorder
- Lifetime prevalence 15%
- Recurrence rate 75%
- 1 Yr symptom duration 40%
- Mania 5-10%

Diagnostic Criteria

- **Depressed mood**
- **Diminished interest or pleasure in activities**
- Significant weight loss or gain when not dieting
- Insomnia or hypersomnia
- Psychomotor retardation or agitation
- Fatigue or loss of energy
- Feelings or worthlessness or inappropriate guilt

Diagnostic Criteria

- Diminished ability to think or concentrate
- Recurrent thoughts of death or suicidal ideation.

Suicide Risk

- MDD 15% suicide mortality
- VA 1991 Study
  - MDD mortality 38.7%
  - 13% no psychiatric Dx

Co-occurring disorders

- Substance Abuse
- Cancer, COPD, Pain
- Causation:
  - Meds: steroids
  - Diseases: hypothyroidism

Treatment

- 85% response rate
- Psychotherapy: CBT
- Biological Therapy
  - Antidepressants: SSRI
  - ECT

Clinical Practice Guidelines

- Evidence-based directions to improve quality, efficiency of care
- Standard of care
- Translation of biological findings into practice
- QUERI
- DOD collaboration